

# Campout Food Shopping Guidelines

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## Tips for Patrols

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- Shopping isn't "convenient" for anyone so please volunteer to shop if you haven't done so yet
  - Set a rotation in your Patrol so everyone knows in advance when their turn will be
- Consider food restrictions / allergies in your Patrol while planning meals
- **Know your budget** and keep in mind while planning menus
  - Consider non brand-name or lower cost alternatives (*ex: store brand items often cost less than other brands*)
  - Consider items that can be used for more than one meal. (*ex: bacon to use for lunch BLTs and breakfast*)
- **Tell your parents** ASAP when it's your turn to shop so they can prepare
- Sometimes unexpected things happen. If plans must change, discuss with your Patrol ASAP to allow time for new arrangements if needed
- Save favorite meal plans in a Patrol 'cook book' for future reference
- Consider equipment needed & location (*do you want to carry heavy cooking gear on a 3 mile hike?*)
- Don't load up one person with all of the food. If everything is in 1 container, take turns carrying it. Remember, would you want to be carrying all of the food?
- Make a shopping list considering **ALL** items you will need ahead of time. Stores don't deliver to the middle of the woods, so it's your loss if you forget something. (*Condiments, aluminum foil, etc.*)

## Tips for Parents

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- Ask your Scout a few weeks prior to a campout who's shopping (*It can be hard to imagine but sometimes boys forget to tell you it's their turn*)
- Please be available to shop when it's your turn. If plans need to change, discuss with your son and address with the Patrol as early as possible to allow time for new arrangements if needed.
- Take your son shopping – (*also hard to imagine, but boys don't understand how expensive food can be*)
- **Know your budget** and keep in mind while shopping
  - Plan to spend up to \$10 per boy for 1 night campout or \$12 for 2 nights. Any extra is your responsibility, or ask the Patrol Scouts to all chip in if they really want something special.
- **How many are you buying for?** Ask the Senior Patrol Leader how the Patrols are set up. Sometimes Patrols get merged if not everyone is going camping.
- Consider suggesting non brand-name or sale items to stay on budget. Discuss with your son so he understands where things can be prioritized to stick with the menu and in budget.
- Shopping Reimbursements
  - Receipts can be turned in to Katrina, at the Troop meeting prior to the campout.
  - If she has enough cash (from folks paying for the campout) she can reimburse you, or it will be deposited to your son's Scout account after the campout
- Be aware of Scouts with food allergies in your Patrol. Their parents are a **great** resource to suggest safe brands that are easily found on your normal shopping trip. They can answer any questions so don't hesitate to reach out. They will be happy you did.
- If you are the parent/guardian of a Scout with food restrictions, please consider working with your Scout on a "Safe List" of foods. This can be very helpful for Patrols when planning menus.